



## Very Low Energy Diet (VLED) Pre-Surgery Diet Guidelines

You will need to follow this VLED for \_\_\_ weeks prior to your surgery.

Commencing on \_\_\_\_\_

### How it works

The VLED assists in removing fatty deposits from your liver. The VLED reduces the size of the liver and achieves weight loss to improve laparoscopic surgical access and reduce your overall surgical risk. The VLED is used as a meal replacement which provides you with approximately **800 cal (3344kj) per day, resulting in an average weight loss of 2-3 kg per week.**

### What is a VLED

VLEDs are medically formulated meal replacements, designed specifically to reduce body fat stores. The meal replacements contain essential fatty acids, vitamins, minerals, trace elements, high quality protein and a small amount of carbohydrate. VLEDs aim to maintain lean body mass whilst reducing body fat stores. Optifast and Optislim are recommended for use for your VLED. Other types of meal replacements may not be appropriate substitutes.

### Have Optifast/ Optislim to replace three meals each day

- Choose either the Optifast/Optislim milkshake, soup, dessert or bar
- You will need to drink 2-3 litres of low calorie fluid each day
- Have 2-3 cups of low starch vegetables each day
- Include 1 tsp unsaturated oil each day

## What else can I eat?

For the first few days you may feel hungry. This usually disappears as your body adapts to burning its own fat stores for energy. To reduce hunger and ensure your fibre intake is maintained, you should also have **at least 2 cups** of low starch vegetables per day.

ALLOWED				AVOID
<b>Low starch vegetables</b>	alfalfa sprouts asparagus bok choy broccoli Brussels sprouts celery cabbage capsicum	carrots cauliflower cucumber eggplant green beans lettuce leeks mung beans mushrooms	radish shallots, onions silver beet snow peas spinach squash tomato watercress zucchini	<b>avocado beetroot corn peas legumes lentils pumpkin potato sweet potato</b>
<b>Soups</b>	stock cubes bonox	vegetable soups (allowed vegetables only)	miso soup	<b>all others</b>
<b>Sauces and condiments</b>	lemon juice lime juice	soy sauce vinegar	mustard tomato paste	<b>all others</b>
<b>Spices and herbs</b>	all spice basil celery flakes chilli chives cloves coriander cumin	curry powder dill fennel garlic ginger mint mustard seed nutmeg	oregano paprika parsley pepper rosemary salt sage turmeric	
<b>Miscellaneous</b>	Artificial sweeteners Stevia	Sugar-free gum	Diet jelly Essence (mint, banana, strawberry)	
<b>Calorie free liquids</b>	Water Black Tea Black Coffee	Diet soft drink Diet cordial	Mineral water Herbal tea	<b>fruit juice alcohol</b>

# Very Low Energy Diet (VLED)

## EXAMPLE MEAL PLAN

	Example Day 1	Example Day 2
<b>Breakfast</b>	1 Optifast/Optislim Shake  (try adding 1 tsp. flavoured essence for variety!)	1 Optifast/ Optislim Bar  +  Black tea/coffee or herbal tea
<b>Lunch</b>	1 Optifast/ Optislim Soup  +  Salad with balsamic vinegar	Warm Roasted Vegetable Salad  +  1 Optifast/ Optislim Bar
<b>Dinner</b>	Broccoli, carrot & Snow Pea Stir-fry  +  1 Optifast/ Optislim Bar	Homemade vegetable soup, using allowed vegetables  +  add one sachet of Optifast/ Optislim Soup to your homemade soup
<b>Snacks</b>	½ cup Vegetable Sticks  +  1 cup low joule jelly	Mexican Salsa  +  Diet cordial slushy (freeze in a plastic cup and allow to thaw slightly)
<b>Drinks</b>	2-3 Litres Water  +  1 cup herbal tea  +  1 cup diet cordial	2-3 Litres Water  +  1 cup diet cordial  +  1 plain mineral water

# VLED Flavours

	<i>Optifast</i>	<i>Optislim</i> ( Must be labled <i>LCD</i> OR <i>VLCD</i> )
Shakes	Chocolate (GF) Vanilla (GF) Strawberry (GF) Coffee (GF) Banana (GF)	Chocolate French Vanilla Coffee Strawberry Banana Caramel Choc Mint Lemon Cheesecake Honeycomb
Bars	Chocolate (LL) Berry Crunch (LL) Cappuccino (LL)	Chocolate Caramel Crunch Choc Berry Crunch
Soups	Chicken (GF, LL) Mixed Vegetable (GF) Tomato	Tomato (GF) Chicken Pumpkin
Desserts	Chocolate (LL, GF) Lemon Wafer (LL, GF)	-

**GF – Gluten Free**  
**LL – Low Lactose**

# VLED Recipe Suggestions

## 1. Mexican Salsa

*Makes 2 cups*

2 ripe tomatoes, chopped	1 teaspoon lemon juice
1 Lebanese cucumber, chopped	1 tablespoon chopped parsley
½ red onion, finely chopped	1 tablespoon chopped coriander
	1 small red chilli, seeded & chopped

Combine all ingredients and toss well. Serve with carrot and celery sticks.  
Can be kept covered in the refrigerator for 2-3 days

## 2. Roasted Mushrooms

*Serves 4*

500g mushrooms  
2 bay leaves  
½ teaspoon dried tarragon

Preheat oven to 180 °C. Take a large piece of foil and place mushroom in the centre. Sprinkle with Tarragon and place bay leaves on top. Fold foil into a parcel and bake for 10-15 minutes

## 3. Warm Roasted Vegetable Salad

*Serves 4*

1 red capsicum, cut into large pieces	100g yellow squash, halved
8 pickling onions, peeled and halved	100g zucchini, cubed
100g mushrooms, halved	1 bunch English spinach leaves, washed and drained

### **Dressing**

1-tablespoon balsamic vinegar  
1 tablespoon fresh basil, chopped  
Season with salt and pepper

Preheat oven to 220 °C. Line a large baking tray with baking paper. Place onion on tray and bake for 10-15 minutes until browning, and then add remainder of vegetables except spinach and cook for 15-25 minutes until roasted and tender. Mix dressing ingredients in a small bowl. To serve, line plate with spinach leaves, pile roast vegetables on top and dress.

## 4. Char-grilled Vegetables

*Serves 4*

### **Marinade**

Juice of 1 Lemon  
2 Tablespoons balsamic vinegar  
1 garlic clove, chopped  
1 tsp olive oil

Combine all ingredients in a small bowl

### **Vegetables**

1 large red onion, cut into wedges  
6 mushrooms, halved  
3 baby eggplants, halved lengthways  
3 baby zucchinis, halved lengthways  
1 red capsicum, seeded and cut into six  
3 yellow squash, halved  
3 firm ripe tomatoes, halved

Brush vegetables with marinade and then grill until tender. Serve warm.

## 5. Ratatouille

*Serves 6*

1 large onion, finely chopped	1 red capsicum, seeded and dice
1 tablespoon water	2 ripe tomatoes, chopped
1 zucchini, sliced	2 cloves garlic chopped
1 eggplant, diced	425g can crushed tomatoes
1 green capsicum, seeded and diced	2 tablespoons parsley, chopped

In a large saucepan, sauté onion until soft. Add zucchini, eggplant, capsicum, tomato and garlic. Cover and cook gently for 10 minutes. Add crushed tomatoes and cook for 15-20 minutes or until vegetables are tender. Top with parsley.

## 6. Broccoli, carrot & Snow Pea Stir-fry

Serves 4

1 tablespoon water	100g snow peas
1 brown onion, diced	2 carrots, peeled & thinly sliced
2 cloves garlic, crushed	2 tsp oyster sauce
1 tsp ginger, peeled & grated	2 tsp salt-reduced soy sauce
½ head broccoli, cut into florets	1 tsp chill sauce

Add onion, garlic, ginger and water to hot pan and cook until onion is translucent. Add broccoli, carrot & snow peas and cook until softened. Add a little more water if required. Add sauces and stir through well.

## 7. Zucchini with Tomato and Garlic

Serves 4

4 medium zucchinis cut into 2cm rounds  
1 clove garlic crushed  
2 ripe tomatoes, chopped  
½ teaspoon dried basil  
½ teaspoon dried oregano  
Freshly ground black pepper  
2 tablespoons water  
1 tablespoon chopped parsley

Heat pan, add water and garlic and sauté gently. Add the tomatoes, zucchini, basil, oregano and pepper. Cover and cook on low heat for 10-15 minutes. Serve topped with parsley

## 8. Broccoli & Leek Soup

Serves 3

1 leek, pale section only, thinly sliced	600g broccoli, cut into florets
2 garlic cloves, crushed	1/4 cup fresh parsley leaves
1L (4 cups) water	1/4 cup fresh basil leaves
1 vegetable stock cube, crumbled	Salt and pepper to taste

Heat a large saucepan; add a dash of water and sauté garlic and leeks until soft. Add stock, water, broccoli and simmer for ten minutes or until broccoli is tender. Add fresh herbs. Use a stick-blender to puree. Add pepper/ lemon juice to taste. This recipe also work well with cauliflower instead of broccoli.